



Rides Supplement

Camberwell Downhill Gourmet Bike Riders

CDGBR Ride Sunday 18th November

According to the group's rule this ride was cancelled when the forecast maximum temperature went above 30 the night before the ride. Thanks to Geraldine and David Powell for planning the ride, which will hopefully be rescheduled at a later date.

2008 Calendar

The first ride in 2008 will be on the third Sunday in January, 20/1, and is the Annual New Year Ride hosted by Elva Parker. Please ring her on 9836 6392 for details. Hopefully the full rides calendar for 2008 will appear in the February edition of this ride supplement.

Hawthorn Cycle Tours

Hawthorn Cycle Tours (run by the Hawthorn Aquatic and Leisure Centre) has 10 bikes (and helmets) available. Or you can bring your own bike (and helmet) if you prefer. Rides are on Tuesday mornings from 9.30am - 11.00am. Child minding is available at the Creche. It is a social ride, with either a coffee stop out on the trail or on return to the centre (or both!). Distance travelled is usually between 15-20km, mostly flat riding with an occasional hill. Riders' ages vary from 20-70 years old. Contact: Hawthorn Aquatic and Leisure Centre, phone: 9815 0988, Website: <http://www.geocities.com/perften/Hct.html> or e-mail: lexbishop@bikerider.com

Ashburton Riders Club

ARC is an informal group of cyclists from (mostly), the Ashburton, Glen Iris and Camberwell area who ride for fun, fitness and good company. We seek to be inclusive of, and helpful to, all riders (male and female) and of differing fitness levels. We have approximately 70 cyclists on our email list.

We have a regular Sunday 7am ride to Black Rock for coffee. However, there are always more rides of shorter and longer distances and on other days. These alternative rides are organised by ARCers posting a notice on the [ARC Forum](#). We enter many of the main organised rides in Victoria such as Around the Bay, the Great Divide Ride and Amy's Ride.

You are welcome to join us for a ride.

Schedule of rides:

Sunday (every week), 7am to Black Rock for coffee (44k)

Monday (every week) Hawthorn velodrome leaving from 8 Audrey Cr at 6.10am, return 7am

Tuesday (every week) Carnegie velodrome leaving 6 Rosedale Rd at 6.10am, return 7am

Other Rides will appear here if advised to ARCer1 via a [Forum](#) message prior to Wednesday 5:00 pm .

Rides start from Ashburton Railway Station car park, west/city side of the track unless otherwise stated.

Contacts: Tony Landsell' email: tony@diacher.com or Justin Murphy, email: murphijj@au1.ibm.com

Finbar Neighbourhood House Rides

We are now riding regularly on the third Sunday of the month. Meet at Finbar, 143 Kent Street, Richmond to ride at 10.30am. We try to stick to paths where possible and always include a stop for a cuppa and chat. ALL WELCOME.

Contact Deb in the office on 9428 7668 or 0403 028 200 on the day.

Sassafras Ride

Every Sunday all year. Starts at *Bike Life*, 114 Auburn Road, Hawthorn, near corner of Burwood Rd and the overhead railway bridge, Melways Ref. Map 45 F10. Arrive prior to 7:30am to ensure departure at 7:30am sharp. Arrives in Sassafras around 9:00am and leaves Sassafras by 9:30am Arrives back in Hawthorn around 10:45am.

Distance under 70km from Hawthorn to Sassafras return (includes the 7km 1 in 20 hill climb). Route: Auburn Road, Rathmines Road, Canterbury Road, Boronia Road, Mountain Highway (Wantirna Sassafras Road), Mount Dandenong Tourist Rd. You can join and leave the peloton anywhere along this route.

Refreshment stop: Café *Ripe*, 376 Mount Dandenong Tourist Road, Sassafras, phone: 9755 2100; Melway Ref. Map 66 F9.

Council on the Ageing (COTA) Cycling Group - Rides Program

Council on the Ageing members have a cycling group for people who want to ride more and learn more about their bikes and riding, as well as for people just getting started.

Plans for Seniors Bike rides in 2007

We ride 4 Wednesdays each month except in winter when there are only 2 long rides on Wednesdays. We generally meet at 10 am at the place specified. On the long rides, if the temperature is 30°C or above, the ride will be shortened. A coffee stop is found midmorning! We take our own lunch and picnic together on the long rides. Riders are welcome to join the ride along the way or cut the ride short at any point. Please contact Janet Bennett by e-mail janpeter@bigpond.net.au or on 9853 9808 to discuss details.

The 1st and 3rd Wednesday rides will be short, 20- 30km to encourage less experienced riders to join us.

The 2nd and 4th Wednesday rides will be more challenging, ~ 50- 60km, and are detailed below.

All riders are requested to join Council on the Aging (COTA). We also recommend that riders consider joining Bicycle Victoria for the insurance and service they offer.

Abbreviations for the ride grades are - easy # medium + hard ! hills ^

Date	Place to meet	Description	Grade
Dec 12 th	Carpark at the start of the trail in Geelong, MEL 452 E9 or ride from South Geelong station.	We will ride the Bellarine Rail trail to Queenscliff and return via Ocean Grove to the Rail trail. The train leaves Southern Cross at 9.15am and arrives at South Geelong at 10.05am. Car drivers will need to wait for the train travellers to ride to the start of the trail. Trail may be difficult for road bikes as it is part crushed rock ~ 60km.	+
Dec 19 th	Fairfield Park MEL 30 J12 or ride from Fairfield station.	Christmas lunch ride. We will meet at the park and ride the Capital City trail with coffee at the Webb bridge. ~ 30km.	

* is when Janet will be away.

NB Please check train times the week before the rides!!

Darebin BUG (<http://www.darebinbug.org.au>)

Social Rides

Darebin BUG runs three weekday rides of distances approximating 40-60km on Tuesdays and 10-20km and up to 90km on Thursdays and a variety of rides of various lengths on weekends.

Unless otherwise stated, our rides meet at **Jika Jika Community Centre**, corner Plant & Union Streets, Northcote near Westgarth train station.

For information about any of these rides, contact the Rides and Events Coordinator, Doug AH 9499 7325; dougmorf@alphalink.com.au

Download the [Darebin BUG rides flyer](#), with details of these rides. (Word doc)

Please note all rides are free to anyone who would like to participate. After the third ride you take part in, we will invite you to join the BUG. Some rides need train tickets, these are to be bought by the participant. A first aid kit is carried on each ride and emergency contact numbers are taken prior to the start of the ride. Darebin BUG has public liability insurance - please note this **does not** cover you or your bike. If that is something you're concerned about then best become a member of Bicycle Victoria so you will be covered by their insurance. In the case of an emergency, ride leaders will call an ambulance if required. The ambulance will charge the injured person, not the BUG. This can be very expensive, so it is wise to consider taking out ambulance membership.

Rides for Beginners

Thursday Rides

Weekly Thursday rides for those looking for short easy rides. Travel local bike paths around 10-20km. For more information, call 9481 8853.

Saturday Port Melbourne Rides

Weekly Saturday rides for those looking for longer easy rides - 9.30am. Ride from Fitzroy to Port Melbourne and back along bike paths, about 20km. Ride Leader: Norm 9354 9636

Saturday Market Rides

Monthly Collingwood Children's Farm Market ride - Second Saturday of each month - 9:30am

Meeting Place: Jika Jika Community Centre

Ride Leader: Vivienne 9482.3147

Ride Distance: 12km

Ride Grading: Easy

Ride Route: Merri Creek path then Yarra River Path to Collingwood Children's Farm

Notes: Time to ride event

More Challenging Rides on Tuesdays & Thursdays

Both are social rides largely on bike trails that conclude around 4 pm. Bring lunch & water.

Tuesday Rides

For experienced riders.

These rides leave from **Jika Jika Community Centre**, corner of Plant and Union sts, Northcote, at 9.45am. They vary in length from about 40 to 60 km.

Thursday Rides

For experienced riders.

These rides leave from **Jika Jika Community Centre**, corner of Plant and Union sts, Northcote, at 9.30am sharp. Rides can be up to 90km.

Saturday & Sunday Rides - Varying Distances & Locations

Sunday Morning Rides

For experienced riders.

Every Sunday, 2-3 hours riding, various distances, training for ATB.

Meet at **Jika Jika Community Centre**, corner of Plant and Union sts, Northcote, at 8am.

Contact Yannick on 0438 785 450

Saturday & Sunday Social Rides

Some for beginners, others for experienced cyclists.

Occasional Saturdays & Sundays- a diverse program, some rides local and others involving public transport. Contact the Rides Coordinator, Doug on 9499 7325 / 0409 956 913 for more information.

Weekend Rides

Contact the Rides Coordinator, Doug on 9499 7325 / 0409 956 913 for more information.

For the latest details check the Darebin rides calendar at check the [Darebin BUG rides calendar](#).

Manningham BUG

See <http://home.vicnet.net.au/~mannbug/rides.htm> for latest rides calendar. This had not been updated at the time of finalising this supplement.

Whitehorse Cyclists Inc

Last updated 25 November 2007

Cycling opportunites in our area: [Graeme's message board](#)

More cycling opportunites in our area: Ron of Rotary Forest Hill leads an easy ride every Sunday at 8am: Contact Ron on 0413 042 043

Day	Date	Event	Distance	Grade	Contact
Thurs	6 Dec	New loop around Werribee	60	Med	Jacques F 9497 2306
Sun	9 Dec	Casual Sunday ride	40	Med	Meet Valda Ave 9am
Tues	11 Dec	Easy ride	40	Easy	David M 9885 7673
Tues	11 Dec	Hard ride Mt Dandenong	70	Med/Hard	Barry McC 0417 952 418
Tues	11 Dec	Club Night Xmas Drinks	7.45 pm	Community Arts	Centre Box Hill
Thurs	13 Dec	Box Hill to Brighton	55	Med	Allan and Pat 9898 0415
Sat	15 Dec	Christmas lights and carols	18	Easy	Elsa 9849 0131
Sun	16 Dec	Casual Sunday ride	40	Med	Meet Box Hill Mall 9am
Tues	18 Dec	Easy ride	30	Easy	Ken R 9801 7157
Tues	18 Dec	Hard ride Xmas in the city	50	Med/Hard	John C 0438 566 977
Thurs	20 Dec	Xmas lunch ride Templestowe hotel	50	Easy	Mike T 9859 3647
Sun	23 Dec	Casual Sunday ride	40	Med	Meet Valda Ave car park 9am
Thurs	27 Dec	Xmas recovery ride	50	Easy	Russell 0400 178 194
Sun	30 Dec	New Years Eve ride	40	Med	Meet Valda Ave car park 9am
Tues	1 Jan	No Easy ride today: Relax			
Tues	1 Jan	Hard ride Mont Albert	50	Med	Bob 0432 374 668
Thurs	3 Jan	Hard ride 1:View the Jayco Classic	65	Hard	Contact Jacques 9497 2308 by Dec 9
Thurs	3 Jan	Ride 2: Casual	40-50	Med	Meet Valda Ave 9am
Sun	6 Jan	Amy's ride	120/60	Med/Hard	John H 9568 7417
Sun	6 Jan	Casual Sunday ride	40	Med	Meet Valda Ave car park 9am
Tues	8 Jan	Easy ride	34	Easy/Med	David Y 9884 8037
Tues	8 Jan	Hard ride Lilydale	60	Med/Hard	John C 0438 566 977
Tues	8 Jan	Club Night BBQ	6.30pm	Melway 47 B3	Surrey Park Dive
Thurs	10 Jan	Rosstown-Elwood-City	60	Med	Mike T 9859 3647
Sun	13 Jan	Casual ride	40	Med	Meet Valda Ave car park 9am

Tues	15 Jan	Easy ride	30	Easy	Gill B 9725 5310
Tues	15 Jan	Hard ride Bellarine	90	Hard	Barry McC 0417 952 418
Thurs	17 Jan	Richmond and around	50	Med	Tom M 9427 0332
Sun	20 Jan	Casual ride	40	Med/Hard	9am Box Hill Mall 9568 7417
Tues	22 Jan	Easy ride	30	Easy	Ken R 9801 7157
Tues	22 Jan	Hard ride Safety Beach Frankston	70	Hard	Bob B 0412 028 068
Thurs	24 Jan	Waterfront ride	60	Med	Mike McK 9816 3386
Sun	27 Jan	Casual ride	40	Med	9am Valda Ave Car park
Tues	29 Jan	Easy ride	30	Easy	David M 9885 7673
Tues	29 Jan	Hard ride Warrandyte Diamond Ck	60	Hard	Bob H 0423 746 668
Thurs	31 Jan	Southgate and beyond	55	Med	Abdy S 0413 327 650
Tues	5 Feb	Easy ride	30	Easy	Loreto 9808 1960
Tues	5 Feb	Hard ride Warragul Lilydale	100	Hard	Phil E 9849 0552

Banyule Bicycle User Group—Rides Program

Rides start from Heidelberg Park (Melway ref 32 B4) except as otherwise indicated. **Visitors are welcome to just turn up.** Contacts can provide additional information if required.

- **EasyRide:** Every Tuesday and Friday **9.30am** – relaxed pace and informal, with break for coffee/snack/chat. Contact: Les B. 9435 0615
- **NightRide:** Every Thursday **8:00pm from Rivergum Walk at Banyule Rd pedestrian traffic lights** - 20 km on Koonung trails or Yarra Trail to Westerfolds Park. Lights req'd. Contact: Robert T 9457 1980
- **Tuesday & Sunday 9.00am rides below.** BYO morning tea. Contact ride leader if further info required.

December 2007

Date	Ride/Event	Description	Leader
Sun 9	<i>The Basin</i> 37 km.	Anniv. Trail to E. Camberwell station (H2). 9.59 Train (prepurchase Sunday ticket) to Bayswater. Dandenong Ck and Mountain H'way Trails (long H1) to The Basin & break at Wicks Reserve. Then Forest Rd (long downhill-bikelane) to Ferntree Gully. Down Belgrave Trail back to Bayswater. Train to E. Camberwell station, and Anniv. Trail home.	LesD/ 9459 2701
Tue 11	<i>Valley Reserve</i> 45 km	Anniversary Trail (some H1 and 1 x H2) to Alamein, then follow rail to Mt. Waverley (long H1) and Reserve for break. Return by Alvie Rd, Damper Ck Res., Swayfield Rd, Chain Res. Trail to Gardiners Ck Trail at Bennetswood. Then through Box Hill to Bushy Ck and Koonung Trails..	MaurieA/ 0409 18608 2
Tue 11		End-of-year function, Lower Plenty Hotel, 6.30 pm.	
Sun 16	<i>Strathmore Heights</i> 53 km	Out by Darebin Ck Trail (H2 to Waiora Rd), Cheddar Rd path, Ring Rd, Moonee Ponds Ck Trail to break at Boeing Res. Continue down creek, then Pascoe Vale streets to Merri Ck Trail, Thornbury streets.	GraemeW/ 94359687
Tue 18	Festive ride <i>Williamstown / St Kilda</i> ~50 km.	Bring something yummy to share. Wilson reserve, Rushall station, Capital City and Footscray Rd trails. Ferry to St Kilda if running. Extended lunch break at St Kilda. Route and details subject to confirmation. Ring Alan closer to the date.	AlanP/ 9435 9421

January 2008

Tue 15	<i>Riders' choice</i>	Rider who suggests is leader, otherwise by agreement
Sun 20	<i>Riders' choice</i>	Rider who suggests is leader, otherwise by agreement
Tue 22	<i>Riders' choice</i>	Rider who suggests is leader, otherwise by agreement
Sun 27	<i>Riders' choice</i>	Rider who suggests is leader, otherwise by agreement
Tue 29	<i>Riders' choice</i>	Rider who suggests is leader, otherwise by agreement

<mailto:banyulebug@yahoo.com.au> <http://www.vicnet.net.au/~banylbug>

Melbourne Bicycle Touring Club

We are based in Melbourne, Victoria and conduct rides (or events) every weekend. We are a diverse collection of people with a common interest in cycling - cycle touring in particular. Please feel free to join us!

MBTC Rides and Events Program: Dec07 - Feb 08

December			
Thu 6 Dec	Peter and Glenda ride the rail trails		Harry
Sat 8 Dec	Melbourne bike paths ride	15-50km easy	Peter
W/E 8-9 Dec	Tandems-only weekend	100km medium	Tony
Thu 13 Dec	The Power of Community: How Cuba survived Peak Oil		Graham
Sat 15 Dec	Heritage tour of Brunswick	easy 15km	John
Sun 16 Dec	Wittons Reserve Wonga Park; starting in Lilydale	40km medium	Peter
W/E 15-16 Dec	Archies Creek (again)	flexi distance, medium	Gail
Thu 20 Dec	Christmas Party		Lou
Dec 21-Dec 31	A Capital Christmas: Gippsland to Canberra; post-Christmas start available	750km med-hard	Kerry
Sat 22 Dec	My 71st Birthday Ride	20km easy	Darren
Sun 23 Dec	Wilhemina Falls MTB	30km med-hard	Geoff
Thu 27 Dec	closed		
27 Dec- 3rd Jan	Warrnambool to Cobboboonee National Park bush camping	medium/base camp	Glenn
Sat 29 Dec	Port Melbourne to Frankston	80km med-hard	Rob
January 2008			
Thu 3 Jan	closed		
Sat 5 Jan	Glenburn to Yea Loop	70km medium	Rob
Sun 6 Jan	Diamond Creek to Diamond Valley Railway	25km easy	Darren
Thu 10 Jan	Games night/social		Peter M
Sat 12 Jan	Tarago Reservoir via Neerim South	55km medium	Peter B

Sun 13 Jan	Woodend to Seymour	90km hard	Peter M
W/E 12-13 Jan	Mt Buller lodge based weekend cheap cheap	various	Dianne
Tue 15Jan	Lunch at Gopals Indian Vegetarian Restaurant, upstairs @ 139 Swanston St, city		John
Thu 17 Jan	Trip Planning		John
Sat 19 Jan	Kinglake Loop	45km med-hard	Geoff
Sun 20 Jan	Family ride. Mitcham to Blackburn Lake loop.	28 km rating easy.	Liz & Glynn
Sun 20 Jan	Sandringham to Herring Island	30 km - easy.	John
Thu 24 Jan	MAD Ride mailout/social		Graham
Sat 26 Jan	Twilight Rhythms at Fitzroy Gardens	30km easy	Judy
W/E 26-28 Jan	Beechworth long weekend	base camping 100km medium	Glenn
Thu 31 Jan	Cycling movie(s)		Glenn
February			
Fri 1 Feb	Irene Plowman Ride (night ride Port Melbourne to Mt Eliza & return)	100km hard	Judy
Sat 2 Feb	Wheely Delicious: sample the diverse cuisine & cultures of Melbourne with expert foodie Janis Munro	Deliciously diverse 25km	Anne
Thu 7 Feb	Christmas bumper slide night		Peter S
Sat 16 Feb	Belgrave to Carrum	55km medium	Frank
Sun 2 Mar	Pakenham to Warragul via Jindivick	85km med-hard	Rob
Sat 15 Mar	Lara to Bacchus Marsh	75km medium	Frank

For information on the above rides, please contact the Touring Secretary, John, on (03) 9387 4086, or at rides@mbtc.org.au . Please note that this e-mail address doesn't get checked every day - so don't expect an immediate response!

About the Ride Gradings

Easy: Relatively short distances and easy terrain, with no critical time factor. Suitable for the occasional cyclist.

Medium: Longer distances with varied terrain. Reliable gears, food, tools and wet weather clothing are advisable. Ability to maintain a reasonable speed to meet critical time factors is required.

Hard: Long distances and/or difficult terrain. Extensive experience in all aspects of cycling is mandatory. Riders must be able to maintain a good speed throughout the ride.

YHA

YHA Cycling is made up of people who enjoy cycling in the suburbs and out in country Victoria with a sociable group of like-minded people, aged mainly between mid 20s and mid 40s. YHA Cycling is a recreational club, not a racing club, and we do a mixture of day and weekend rides. The group is based in Melbourne, Victoria, under the umbrella of the YHA Australia, and is one of a number of such local YHA activities groups.

Rides Program

To see the complete rides calendar you will need to register on the YHA web site at <http://yhacycling.org.au/index.php> This is free.

YHA contacts: Ride Co-Ordinator Kathy on rides@yhacycling.org.au or mobile 0425-792 574, or Secretary Voula on secretary@yhacycling.org.au; website: <http://yhacycling.org.au>